

Introduction

The NHVR encourages **hand hygiene** (washing your hands regularly, hand sanitiser and wearing disposable gloves) to help protect you from transmissions of viruses, including Coronavirus.

Drivers and others involved in transport activities come into contact with many people each day, including fellow workers, suppliers and customers.

Hand hygiene involves simple controls to reduce infection transmission and associated health risks.

Note: When performed correctly, hand hygiene results in a significant reduction of microorganisms on your hands and can reduce the spread of viruses, including coronavirus.

Washing hands

When to wash your hands

Wash your hands with **soap and water for 20 seconds** regularly throughout the day:

- when your hands are visibly dirty
- before contact with food
- after using the bathroom.

(Refer to **How to wash/sanitise your hands properly**).

Benefits of washing your hands properly

If you wash your hands properly you can:

- reduce 80% of communicable diseases that are transferred by touch.
- Greatly reduce respiratory infections.

Touching your face with contaminated hands can spread illnesses like pneumonia, the cold, and the flu.

Using hand sanitiser

In situations where soap and water are not available, you can also use alcohol-based hand sanitiser with greater than 60% ethanol or 70% isopropanol. This is particularly important when touching hard surfaces in a depot, business premises, refuelling, roadhouses and truck stops.



Wearing disposable gloves

Wearing single-use disposable gloves is an effective measure to reduce exposure to coronavirus. For example, using disposable gloves before touching the bowser will reduce your risk of contamination.

Benefits of wearing disposable gloves

Disposable gloves **reduce the risk of:**

- germ transmission between people
- contamination when conducting first aid activities.

Disposable gloves may be worn if hand sanitiser or hand washing facilities are unavailable.

Limitations of disposable gloves

Disposable gloves have a number of limitations as an effective control method. They can:

- tear and reduce dexterity
- become hot and uncomfortable to wear over an extended period of time.

Removing disposable gloves

Correct removal of used disposable gloves is essential to stopping exposure to contaminants.

1

Pinch and hold the outside of the glove near the wrist area.



2

Peel downward, away from the wrist, turning the glove inside out.



3

Pull the glove away until it is removed from the hand.



4

Whilst holding the used glove, slide your fingers under the wrist of the remaining glove.



5

Pull downward, away from the wrist, turning the glove inside out.



6

Continue to pull the glove down and over the inside out glove until it is removed.



Once the disposable gloves are removed:

7

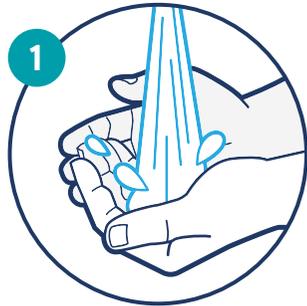
Dispose of the gloves in a sealed plastic bag (if available) and place in a bin.

8

Wash your hands thoroughly and/or use hand sanitiser after removing gloves.



How to wash/sanitise your hands properly



Wet hands with water.



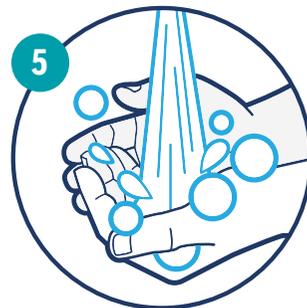
Put soap on hands.



**Lather thoroughly, interlock
and rub hands together.**



**Continue to wash hands
for 15-20 seconds.**



Rinse hands under water.



**Dry hands with paper towel
or hand dryer (if available),
to ensure hands are dried properly.**

Further information

More information on cleaning and disinfecting your workspace can be found at:

www.australia.gov.au/health-advice